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WASHINGTON, D. C.

THE MARKET BASKET

by

the Bureau of Home Economics,  
U. S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

FAMILY FOOD GUIDE

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:	:
:	:
:	:
:Every meal--Milk for children, bread for all.	:
:Every day---Cereal in porridge or pudding.	:
:Potatoes.	:
:Tomatoes (or oranges) for children.	:
:A green or yellow vegetable.	:
:A fruit or additional vegetable.	:
:Milk for all.	:
:Two to four times a week --	:
:Tomatoes for all.	:
:Dried beans and peas or peanuts.	:
:Eggs (especially for children).	:
:Lean meal, fish or poultry, or cheese.	:

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Without going so far as to maintain that "an apple a day keeps the doctor away," the Bureau of Home Economics of the United States Department of Agriculture puts in an emphatic word, now that the apple season is at hand, for this old friend among the fruits. An apple a day surely will improve the diet of most families. The apple is good food, and can be had when other fruits and vegetables



are hard to get.

These characteristics of the apple are especially important in view of the fine apple crop that is expected this September, and the many possibilities of storing or preserving apples for winter use.

Apples are good food for the same reasons that vegetables are good. They furnish vitamins and minerals, and the crisp texture of the raw apple serves as a mild sort of roughage. They are by no means so rich in vitamins as the citrus fruits and tomatoes, but if eaten in sufficient quantity, they make up the food essentials which might otherwise be had only in scarcer and more expensive foods.

A great proportion of the apple crop is eaten raw--the favorite "eating apples" being those with sweet juicy pulp, and rich, aromatic flavor. The best "eating apples," however, are not necessarily best for cooking. It is generally considered that cooking apples should have a fine-grained flesh that is juicy and at least medium tart, with a distinct apple flavor. For baking, the best kind of apple is one that will retain its shape while the flesh cooks soft--becoming juicy, though not watery.

The cultivation of the apple antedates history. As in the case of wheat, remains of the fruit have been found in prehistoric lake dwellings in Switzerland. Apples are linked with the early Biblical days and later reference to them appeared in the songs of Solomon, which is proof of their existence at that time. Legends and folk lore of many countries weave their themes around this fruit, which must then have been a poor substitute for the apple as we now know it.

A striking feature of apple cultivation is that trees are in their prime when about 40 years old and will continue to bear fruit for considerably more than 100 years. The United States is the greatest apple producing country in the world, with the largest number of orchards existing in Washington, New York, and Virginia.





Apples are perhaps the best native fruit for keeping in their raw state, with the result that they are available almost the whole year around. They should be stored in a cool, moist place that is free from strong odors like onions, celery, and meats. Apples absorb such odors. With this attention, the fruit can be kept at home for considerable lengths of time. Windfalls and seconds, however, can not be stored. They should be used at once, if possible, especially this year. Any that can not be used now should be canned or preserved for winter.

Apples have many culinary uses suitable for every meal in the day, according to the bureau. As sauce or baked they serve as a breakfast fruit and with bacon or sausage they may accompany the meat dish. Apples are especially good with fresh and cured pork in its many forms. They also appear with roast duck, quite as a matter of course. The bureau has developed many combination dishes of apples with vegetables that are new and very tempting. Among these are; fried carrots and apples, scalloped cabbage and apples, scalloped sweetpotatoes and apples, and a variety of salads.

For persons living by the low cost food guide, with its relatively large quantity of cereals and flour to be consumed each week, apple fritters, or apple dumplings, offer unusually attractive means for utilizing some of the apple supply. Other inexpensive apple dishes include Brown Betty, tart, pie, turnover, cobbler, apple upside-down cake, scalloped apples, and apple tapioca.

The bureau has also developed recipes for apple butter, apple jelly, spiced apples, and chutney, which has apples for a base instead of mangos.

All of these recipes are available upon request to the bureau, free of charge, as is Farmers' Bulletin 1264-F, on farm manufacture of unfermented apple juice.





A FAMILY OF TEN  
including  
three adults and seven children should use every week:

Bread . . . . .	25 1/2 - 35 lbs.
Flour . . . . .	3 - 5 "
Cereal . . . . .	10 - 12 "
Whole fresh milk . . . . .	43 - 56 quarts
or	
Canned evaporated milk . . . . .	43 - 56 tall cans
Potatoes . . . . .	30 - 40 lbs.
Dried beans, peas, peanut butter . . . . .	2 - 5 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	12 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	30 - 40 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	6 "
Sugar and molasses . . . . .	7 "
Lean meat, fish, cheese, eggs . . . . .	10 - 14 "
Eggs (for children) . . . . .	8 eggs
* * * * *	

MENU FOR ONE DAY

Breakfast

Cooked cereal - Milk  
Coffee (adults) - Milk (children)

Dinner

Hamburg cakes on onion rings  
Macaroni with tomato sauce  
Gingerbread - Applesauce

Supper

Scalloped cabbage with apples  
Crisp bacon and milk gravy  
Potatoes boiled in jackets

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RECIPES

Hamburg cakes on onion rings

2 cups ground lean raw beef	1 tablespoon chopped parsley
1/4 cup ground suet	3 tablespoons butter
1 cup soft fine bread crumbs	2 teaspoons onion juice
7 slices Spanish onion	1/2 teaspoon salt
1/2 inch thick	1/8 teaspoon pepper
	1 tablespoon water

Lay the slices of onion in a buttered shallow baking dish. Pour over them

THE  
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BUREAU OF  
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DEPARTMENT OF JUSTICE  
WASHINGTON, D. C.  
20535

MEMORANDUM FOR THE DIRECTOR  
FROM THE CHIEF OF BUREAU  
SUBJECT: [Illegible]

[Illegible text follows in several paragraphs]

2 tablespoons of melted butter, sprinkle with salt and pepper, add the water, cover closely, and bake in a moderate oven (350° F.) for 30 minutes, or until tender. In the meantime, cook the chopped parsley in 1 tablespoon of butter and combine with the beef, suet, crumbs and seasonings. Knead until thoroughly mixed. Mold into seven flat cakes, Place each cake on an onion slice in the baking dish, and broil under direct heat for five minutes on each side. Baste occasionally with the drippings. Serve at once from the baking dish.

### Scalloped Cabbage and Apples

2 quarts shredded cabbage	2 to 4 tablespoons butter or
1 quart tart sliced apples	other fat
2 teaspoons salt	1 cup buttered bread crumbs
1 teaspoon sugar	

In a greased baking dish place alternate layers of the cabbage and apples, seasoning each with salt and fat and sprinkling the sugar on the apples. Over the last layer spread the buttered crumbs. Cover, and bake in a moderate oven for 45 minutes, or until the cabbage and apples are tender. Toward the last remove the cover so the crumbs can brown. Serve in the baking dish.

### Apple Tapioca

1/2 cup quick-cooking tapioca	1/2 teaspoon salt
2 cups boiling water	Juice of 1 lemon
1/2 cup sugar	3 pints sliced tart apples
1/2 teaspoon cinnamon	

Add the boiling water to the tapioca and cook in a double boiler for 15 minutes, or until the tapioca is clear. Add the sugar, cinnamon, salt, and lemon juice. Arrange the apples in a greased shallow baking dish and pour the tapioca mixture over them. Bake in a moderate oven until the apples are tender and the top is lightly browned. Serve hot or cold with plain or whipped cream.

### Apple Upside-Down Cake

1/4 cup butter or other fat	1/4 teaspoon salt
1/2 cup sugar	1/2 cup milk
1 egg	2 to 4 firm-fleshed apples
1 teaspoon vanilla	2 teaspoons cinnamon mixed
1-1/2 cups sifted soft-wheat flour	with 1/4 cup sugar
2 teaspoons baking powder	

Cream the fat, add the sugar, well-beaten egg, and vanilla. Sift the dry ingredients together and add alternately with the milk to the first mixture. Spread a thick coating of fat on the bottom and sides of a square or oblong baking dish or a very heavy pan. Pare, quarter, and slice the apples thin; spread in a single overlapping layer on the bottom of the baking dish, sprinkle with the mixture of cinnamon and sugar, and add another layer of apples and the remaining cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake in a very moderate oven (300° to 325° F.) for 45 minutes. Loosen the sides of the cake,





turn it out carefully, upside down, and the top will be covered with a neat layer of transparent apples. Serve hot with hard sauce or whipped cream.

### Apple Dumplings

Roll out pastry dough in rounds about the size of fruit plates. In the center of each, place a pared and cored apple. Sprinkle the apple with a mixture of sugar, cinnamon, and a few grains of salt. Dot the fruit with butter, and lift up and press together the edges of the dough. Place in greased muffin tins and bake in a moderate oven (350° to 375° F.) for 30 minutes. Serve hot with hard or liquid sauce.

### Apple Fritters

3 medium sized tart apples  
1 cup sifted flour  
2 teaspoons baking powder  
1/4 teaspoon salt

2/3 cup milk  
1 egg, well beaten  
Fat for frying  
Powdered sugar

Pare , core, and cut the apples in crosswise slices about 1/4 inch thick. Sift the dry ingredients. Add the milk to the well beaten egg, then pour slowly into the dry mixture, and stir until smooth. Heat well-flavored fat to about 375° F. or until an inch cube of bread will brown in 1 minute. Dip the apple rings into the batter, drain, and put slowly into the hot fat without spattering. Cook from 3 to 5 minutes or until the apples are tender and the fritter a golden brown. Drain on absorbent paper, sprinkle with powdered and serve.

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## THE MARKET BASKET

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:Every meal -- Milk for children, bread for all
:Every day -- Cereal in porridge or pudding
:               Potatoes
:               Tomatoes (or oranges) for children
:               A green or yellow vegetable
:               A fruit or additional vegetable
:               Milk for all
: Two to four times a week --
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:               Eggs (especially for children)
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The dishes of the homely French kitchen and the small establishment are especially suitable for American families who budget their food. Economy and



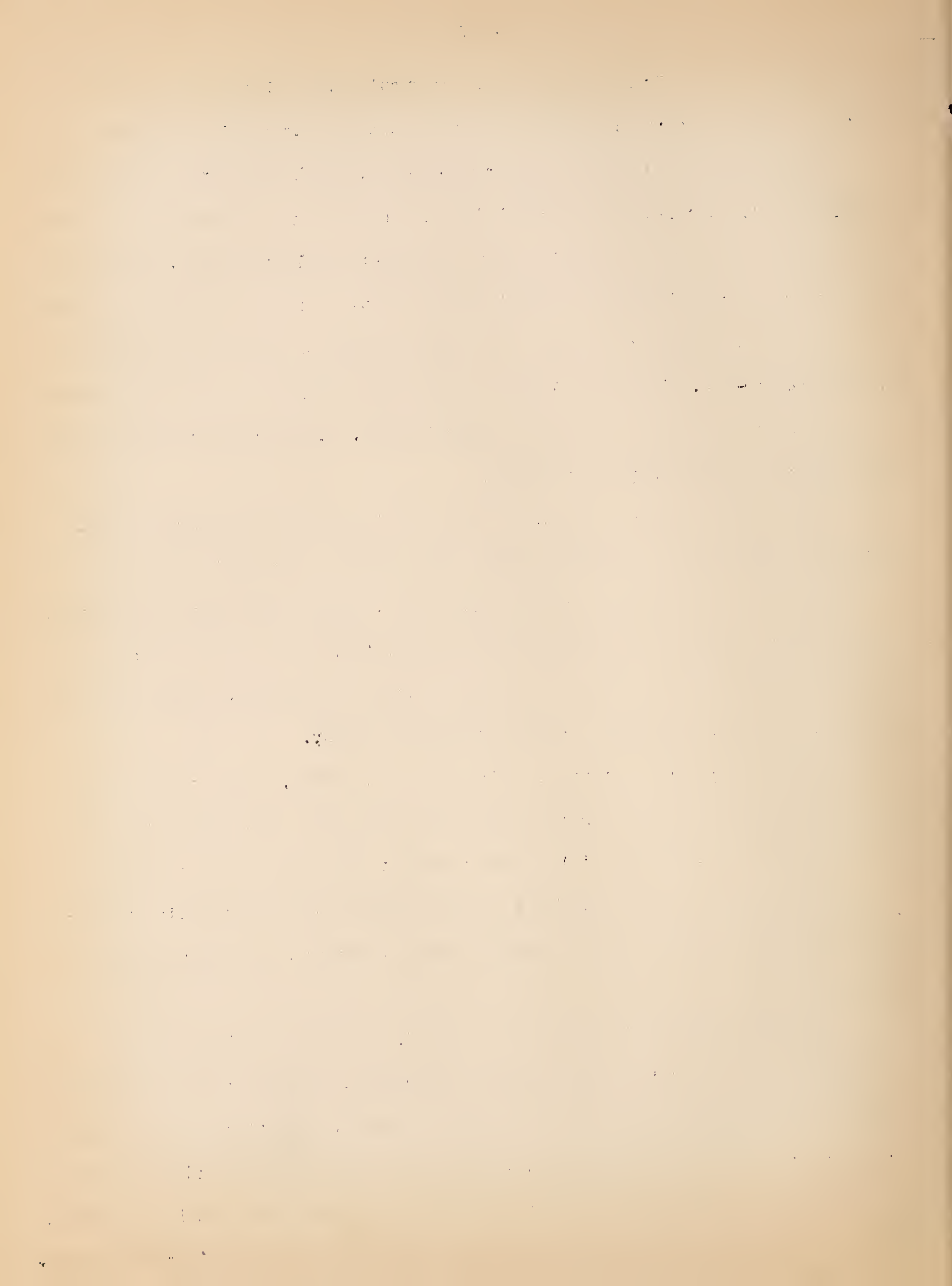
thrift are not new to French housewives, who justly pride themselves on their ability to utilize every bit of edible food in one appetizing dish or another.

An illustration of this is their pot-au-feu, which means "pot on the fire," and which might be called the national dish of the country. On the stove of every French kitchen is a special pot into which all sorts of leftovers go. Scraps of meat, bones, necks, gizzards and other parts of fowl, carefully selected vegetable waters, and bits of vegetables like the outside stalks of celery, find their way into the pot-au-feu. This soup is never watery and always has a good meat foundation, as the recipe in to-day's Market Basket shows. It frequently serves as the entire meal for a French peasant family.

Following the French custom, the clear broth may be served alone at the beginning of the dinner. A savory tomato sauce usually accompanies the meats, after which the vegetables are served, also alone. Because the soup is simmered, the shin meat, for which the recipe calls, is sweet flavored and very tender. Follow the directions for cooking carefully, advises the bureau, or the meat will be tough, the broth evaporated, and the vegetables mushy.

Another soup that is typically French is onion soup, a dish which, it is said, made an ancient king of Poland forget his lost crown. Some Americans may not share his enthusiasm, but it is a prime favorite with those who are fond of onions. The recipe is quite simple, and the ingredients are comparatively inexpensive, with the exception of the Gruyere cheese. Another cheese may be used instead.

The general method for making this soup is to brown the thinly sliced onions in butter, add boiling water, salt, and pepper, and simmer for about half an hour. The cook may use soup stock instead of water. Put toasted bread in the bottom of an earthenware baking dish, pour the soup over it, and sprinkle cheese generously on top. Add another layer of toast and grated cheese and heat the dish in the oven until the top is brown and crusty. Serve the soup at the table direct-





ly from the earthenware dish.

The sauces which the French use a great deal are not so intricate as they first seem to alien cooks who are unused to their names and ingredients. Besides putting a finishing touch to many delicious dishes, French sauces frequently are a means of serving inexpensive foods in an attractive and savory fashion.

Numerous piquant herbs such as shallots, chives, garlic, leeks, rosemary, thyme, sweet basil cloves, paprika, pepper corn, and celery supplement the usual seasonings of salt and pepper. Bouillon or stock -- a little weaker than would be served at the table -- is the basis of these sauces. Each one has special dishes to which it is best suited. Sauces known as pepper, Robert, and piquante, for instance, are spicy and therefore most appropriate for pork or dishes which are making their second appearance at the table.

Unlike the American custom, eggs are not served for breakfast in France. The French eat them in various forms for lunch and use them extensively for garnish and sometimes as a dessert in a fruit omelette. But this does not mean that omelettes are never the main dish of a meal. They are, in the modest home as well as in the large hotels. In addition to the cheese omelette, for which the present Market Basket gives the recipe, vegetables, meats, and fish also are used.

The French cook beef and pork in much the same manner as we do. They pay particular attention to serving in special dishes the inexpensive cuts of meat and the many edible portions such as liver, kidneys, brains, and sweetbreads. Calves' ears, tripe, and pigs' feet are always utilized -- so well, in fact, that one Parisian restaurant has built an international reputation on its tripe dishes.

Of their vegetable dishes, the French fried potato is best known to us. The others are familiar friends served in a slightly different fashion with sauces and special seasonings. In the popular one known as macedoine of vegetables several different vegetables are cut up fine and cooked together.



French desserts are not nearly so varied as American desserts. Pastries, fruit, either fresh or in compote ( a Variation of stewed fruit), cheese, and crepes Suzette, a sort of pancake, are the usual desserts. Pain perdu, for which a recipe is given below, is an especially good example of their thrifty way of serving a leftover in tasty form -- in this case stale bread.

The typical French breakfast consists of coffee with milk, or chocolate, rolls, and sweet butter. Most Americans do not consider this sufficient, so the bureau supplements it in this week's menu with cooked cereal and milk.

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#### A FAMILY OF SEVEN

including

father, mother, and five children, should use each week:

Bread . . . . .	16-- 22 lbs.
Flour . . . . .	3 - 4 "
Cereal. . . . .	6 - 8 "
Whole fresh milk. . . . .	30 - 42 quarts
or	cans
Canned evaporated milk. . . . .	30 - 42 tall/
Potatoes. . . . .	20 - 30 lbs.
Dried beans, peas, peanut butter. . . . .	1 - 3 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	9 "
Other vegetables ( including some of green or yellow color) and inexpensive fruits . . . . .	20 - 25 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . . .	4 "
Sugar and molasses. . . . .	5 "
Lean meat, fish, cheese, eggs (8 eggs approximates 1 pound) . . . .	7 - 10 "
Eggs (for children) . . . . .	8 eggs
Coffee . . . . .	1 lb.
Tea . . . . .	1 "

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#### MENU FOR ONE DAY

##### Breakfast

Cafe au Lait (coffee with milk)

Rolls - Butter

Cooked Cereal

##### Lunch

Cheese Omelette

Macedoine of Vegetables

Fresh Fruit

##### Dinner

Pot-au-feu

(soup with meat and vegetables)

Pain Perdu

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## RECIPES

### Cheese Omelette

6 eggs  
1/4 cup soft flaked cheese

1/2 teaspoon salt  
2 tablespoons butter

Beat the eggs well. Then stir in the salt and cheese gently. Melt the butter in a smooth frying pan. Tilt the pan so the entire surface is covered with the fat. When the fat begins to sizzle, pour in the egg mixture. The edges of the omelet will cook more quickly than the center, so as soon as the edges are set, lift them up gently with a spatula. Reduce the heat and cook until the underneath is delicately browned, and the top is moist but not liquid. Loosen the entire surface to be sure that the omelet has not stuck in any spot. Then, holding the frying pan in your left hand, tilt it and fold the omelet in an oval, using the spatula in the right hand. Transfer to a hot platter and serve at once.

### Macedoine of Vegetables

1-1/2 cups fresh green peas  
1-1/2 cups finely diced carrots  
1 cup finely cut celery  
1 cup boiling water

2 teaspoons salt  
1/2 teaspoon sugar  
2 tablespoons butter  
Dash of pepper

Simmer the vegetables in the boiling salted water for 15 minutes or until tender. Add the butter and pepper and serve at once.

### Pot-au-feu

Large soup bone with meat (6 pounds)  
3 quarts cold water  
5 carrots - scraped and cut in half  
4 turnips - pared and cut in half  
4 leeks (white portion)  
1 bay leaf  
8 or 10 sprigs parsley, tied together

1 medium sized onion  
3 cloves  
1 teaspoon sugar  
2 tablespoons salt  
Pepper  
Small rounds of crisp toast

Cover the well-washed soup bone with water, allowing 1 pint of cold water to each pound of soup bone. Heat slowly to boiling and remove the scum. Add 1 cup of cold water, again slowly bring to the boiling point, and remove the scum. Add the vegetables and the seasonings and simmer for 4 or 5 hours. When the meat is tender, remove and cut the meat from the bone. Discard the parsley, drain the vegetables, and serve around the meat. Allow the soup to boil rapidly. Take up the soup from center of the boiling mass, and serve over small rounds of crisp toast.

### Pain Perdu

1 pint milk  
1/4 cup sugar  
1/4 teaspoon salt  
Grated rind of 1 lemon

3 to 10 slices toast,  
cut in half  
2 eggs, well beaten  
Butter

Heat the milk to scalding with the sugar, salt, and lemon rind. Dip the toasted bread in the hot milk, then in the beaten egg, and fry slowly in butter until a golden brown on both sides. Serve hot, sprinkled with powdered sugar.







HOME ECONOMICS

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**参考文献**

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Use all the tomatoes you can now and save the surplus for winter, is the suggestion of the Bureau of Home Economics of the U. S. Department of Agriculture, which highly recommends them in the diet at all times.

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Tomatoes are one of the best single foods for supplying vitamins A, B, C, and G. This rich supply of vitamins, says the bureau, makes them almost invaluable to both children and adults, since it helps materially to prevent deficiency diseases and infections of the skin and mucous membranes, to maintain normal growth, and to stimulate the appetite. Tomatoes are rich also in the mineral salts essential for good nutrition.

The bureau includes tomatoes in all its low-cost dietaries, primarily because of their vitamin C content. They are especially valuable as a source of this unstable vitamin, since people so frequently eat them raw or lightly cooked. And even when canned or cooked for longer periods, their acid reaction tends to prevent destruction of this vitamin.

Tomatoes add interest, color, and flavor to low-cost diets. A few cents spent for tomatoes may make a dull and unpalatable dish enjoyable. Tomatoes are low in price this year because of the large crop.

Tomatoes lend themselves to an almost unlimited variety of combinations in cooking. They mix well with other vegetables, meat, fish, cheese, legumes, spaghetti, or eggs. In fact, in various forms, they can take their place in any course of a meal, beginning with the tomato juice cocktail and going through the soup, entree, vegetable, relish, salad, and ending with the dessert--which might be green-tomato pie.

Now is the time to use the last tomatoes ripening on the vines and to put up any surplus for future use. When frost comes, gather the green tomatoes. It may be well to check over your supply and see whether you can utilize the last of the crop to best advantage canned, in catsup, or in chili sauce.





Green tomatoes suggest pickles, though there are other ways of using them. Store the largest and best in a cool dark place for ripening. One good practice is to wrap each tomato in paper, much after the fashion in which they come to market in winter. Be sure, however, to see that the tomatoes have no blemishes or they will rot quickly.

There are innumerable relishes that can be made from green tomatoes, including Bordeaux sauce and piccalilli. Green tomatoes can be dilled, making almost as good relish as dilled cucumbers. They will keep for some time in a weak brine solution, to be used as needed.

Green tomatoes may be served for the table in a number of ways--stewed, in creamed soup, fried, sauteed, in pie, and in marmalade. Mincemeat made from green tomatoes utilizes the tart, fall apples and makes excellent pie.

Green tomatoes are not as good a source of vitamins as ripe ones, but they contain sufficient nutriment to make them worth while. Tomatoes ripened in a dark place after being removed from the vine are richer in vitamin C than green ones, although they do not compare as favorably with those ripened on the vines. If picked green, tomatoes gradually develop vitamin C as they ripen.

The Bureau of Home Economics has other information on the utilization of ripe and green tomatoes, which it will send free.



# A FAMILY OF THREE

including two adults and 1 child  
should buy every week:

Bread .....	10 - 15 lbs.
Flour .....	1 - 2 "
Cereal .....	3 - 4 "
Whole fresh milk .....	9 - 14 qts.
or	
Canned evaporated milk .....	9 - 14 tall cans
Potatoes .....	8 - 10 lbs.
Dried beans, peas, peanut butter .....	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits .....	4 "
Other vegetables (including some of green or yellow color) and inexpensive fruits .....	12 - 14 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2 "
Sugar and molasses .....	2 1/2 lbs
Lean meat, fish, cheese, eggs .....	3 - 5 "
Eggs (for child) .....	3 "

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## MENU FOR ONE DAY

### Breakfast

Fresh fruit  
Cooked cereal with milk  
Coffee (adults)      Milk (child)

### Dinner

Scalloped eggplant with tomatoes  
Browned sweet potatoes  
Apple tapioca  
Milk for all

### Supper

Corn chowder  
Creamed chipped beef on toast  
Tea (adults)      Milk (child)

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## RECIPES

### Scalloped Eggplant with Tomatoes

1 large eggplant	2 teaspoons salt
4 tablespoons butter or other fat	Pepper
1 green pepper, chopped	1 cup bread crumbs
1 small onion, chopped	1 quart canned or chopped raw tomatoes

Pare the eggplant and cut it into small, even pieces. Melt 2 table-  
spoons of the fat in a skillet, add the green pepper and onion, and cook for  
a few minutes. Add the tomatoes, eggplant, salt, and pepper, cook for 10  
minutes, and place the mixture in a shallow greased baking dish. Melt the re-  
maining fat in a skillet, stir in the bread crumbs, and sprinkle the crumbs  
over the eggplant. Bake in a moderate oven for 15 minutes, or until the egg-  
plant is tender and the crumbs are browned.





### Stewed Green Tomatoes

8 large green tomatoes	4 tablespoons sugar
1½ teaspoons salt	4 tablespoons bread crumbs
Pinch of pepper	Scraped onion for seasoning
2 tablespoons butter	

Scald the tomatoes and remove the skins. Cut into small pieces, boil until tender, season, and thicken with bread crumbs which have been browned in the butter.

### Stewed Tomatoes and Celery or Cabbage

1 quart canned tomatoes	1½ teaspoons salt
2 cups cut celery or cabbage	2 tablespoons butter or other fat

Simmer the tomatoes and the celery together for 20 minutes, or until the celery is tender. Season with salt and fat and serve. This is an excellent way to use stalks of celery that are undesirable for serving raw. Or, after the tomatoes have cooked alone for about 15 minutes, add finely shredded cabbage instead of the celery. Cook the tomatoes and cabbage together for from 5 to 10 minutes, add the seasoning, and serve at once.

### Piccalilli

2 gallons green tomatoes	4 cups sugar
2 or 3 green, sweet peppers	1 teaspoon ginger
2 hot peppers	1 teaspoon cinnamon
1 quart onions	2 tablespoons mustard (seed or ground)
3 quarts vinegar	1 cup horseradish (grated)

Chop tomatoes or slice in 1/2 inch slices. Soak chopped tomatoes and chopped onions and peppers overnight in one pint salt and enough water to cover. Drain thoroughly. Mix sugar, spices, and vinegar. Heat vegetables in mixture until tender, not reaching boiling temperature.

NOTE - Onions may be omitted.

### Catsup

Select red ripe tomatoes, wash, and cut into pieces, rejecting discolored portions. To each 10 pounds of prepared tomatoes, use as follows:

3 medium-sized onions, sliced	¾ teaspoon ground mustard
2 large sweet red peppers, sliced and seed removed	¾ teaspoon celery seed
1 cup vinegar	3 teaspoons salt
¾ cup sugar	1/2 tablespoon whole allspice
2 teaspoons ground paprika	1/2 tablespoon whole cloves
	3 pieces stick cinnamon 2 inches long

Cook the tomatoes, onions, and peppers about 30 minutes, then press through a fine sieve. This pulp will be thin and watery, so cook again until somewhat thickened. Add the vinegar, sugar, paprika, mustard, celery seed, and salt. Tie the spices in a cheesecloth bag, and cook the mixture, stirring frequently until the right consistency. Fill sterilized bottles with the catsup, use new cork stoppers, and then dip the bottle tops into paraffin or sealing wax. Store in a dark cool place. This quantity of tomatoes will yield from 1 to 2 quarts of catsup.



